

## **THE GATEWAY EXPERIENCE FORUM**

*by Ken Feather*

As Gateway Experience® Coordinator, over the past several months I have had the unique opportunity to talk with people the world over regarding their experiences while using Gateway Experience tapes. The Institute also maintains files of letters and feedback surveys regarding the Gateway Experience (as well as for other tapes and programs).

Through talking with people, and reviewing these files, it is evident that similar concerns, problems, or questions repeatedly arise. Just as when one person in a class asks a question that is on other people's minds, so does one person call or write about a question that may well be on other people's minds.

This article, then, is to begin a forum to stimulate participation, enhance personal growth, and develop an extended resource for all Gateway Experience participants.

I'd like to open discussion by talking a little about a common, frequently reported occurrence experienced by many people while listening to Gateway Experience tapes—the phenomenon of "clicking-out."

If this happens to you, you will have a sense of dropping out of the exercise. Upon returning to or finishing the exercise, you will have no perception of time having passed. You will have stored the memory of your experience, but will have no immediate recall. Clicking-out has a different quality than that of sleeping. When returning to the exercise, for example, there is a sense of quickly coming back to consciousness rather than progressing gradually from sleep to consciousness.

If you experience this rather interesting (and, at times, frustrating) phenomenon, or if you fall asleep, rest assured that you are not wasting your time. Somewhere within you, you are learning and developing during the clicking-out. At the same time, most of us would rather not click-out. So if you're having trouble staying conscious during the taped exercises, try the following:

- Make sure you are rested before doing an exercise.
- Splash cold water on your face, neck, and wrists before the exercise.
- Stretch lightly.
- Sit up in a comfortable chair with a pillow supporting your head.
- Put the idea of falling asleep or clicking-out in your Energy Conversion Box.
- Keep practicing with the tapes.

If you have tried all of this, and you are still clicking-out, experiment with drawing or doodling—while you are listening to a tape. Reactions to this technique have been favorable. Some people find that it works well, enabling them to complete the exercise and do some freestyle drawing at the same time. One person found that her arm became numb as she entered Focus 10, so she could not continue drawing past the preparatory exercises; however, drawing did enable her to at least get into the exercise—past the surf sounds where she had always clicked-out.

If you have a solution to clicking-out, drop a line or give the Institute a call. In fact, if you have a topic you'd like to discuss, or see discussed in the BULLETIN, please let the Institute know. Let's use this "Forum" column to our ultimate advantage and venture forth where no Gateway Experience participant has ventured before!

As Bob Monroe says, "See you in 12!"

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